

Nutrition Begins With Basics

By ELLY

Acquainting the consumer with the food essentials of a good diet was considered a national necessity after the findings of various studies, including the McGovern Senate Hearings and U.S.D.A. diet surveys, were reviewed.



Eat the basic 4 foods every day.

Evidence that the number of families eating adequate diets is decreasing no matter the income level was revealed. Because adequate nutrition is necessary for good health, inadequate nutrient consumption may lead to especially crucial problems. It is now known that nutrient deprivation may cause mental deficiency in youngsters, complications during and after pregnancy and tissue breakdown and vitality loss.

A sure way to eat the necessary amounts of these nutrients is to use the basic four food groups as a formula. These groups are: (1) meat, (2) milk, (3) vegetable and fruit and (4) bread and cereal.

In menu planning include the following requirements from each individual group: Two or more servings of beef, pork, lamb, veal, poultry or fish. Two eggs, 1 cup legumes or 1/4 cup peanut butter can be an alternative for one serving of meat.

Foods from the dairy group supply essential calcium and some protein. Adults and children under eight require two or more cups of milk; children eight to 12 need at least three cups and teenagers and pregnant women, four or more. One ounce of cheese can be substituted for 1/4 cup milk.

Four or more servings of fruits and vegetables are important daily for vitamins and minerals. One 1/2-cup-serving of a citrus or other ascorbic acid source should be included daily and a 1/2-cup-serving of a dark green or deep yellow group member every other day for vitamin A.

Allow four servings of whole grain or enriched breads and cereals to complete the basic four meal plan.

THE BEEF and potato man presents a menu planning problem to the wife who wants to serve exciting varied meals. The answer demands ingenuity. BEEF-POTATO ROULEADES 1 1/2 to 2 pounds beef round steak, cut 1/2 inch thick 3 T flour 1 lg salt 1/2 t pepper 1/4 t paprika 1 envelope (1 1/2 ounces) dry onion soup mix 1 1/2 c. grated raw potato (about 2 medium-sized) 3 T lard or drippings 1 c. water Flour for gravy Combine flour, salt, pepper and paprika. Pound seasoned flour into meat. Cut meat into five to six serving-sized pieces. Combine dry onion soup mix and raw potato. Place approximately two tablespoons of potato-onion mixture on each piece of meat. Roll as a jelly roll and fasten with small wooden picks. Brown meat in lard or drippings. Pour off drippings. Add water. Cover tightly and cook slowly 1 1/2 to two hours or until meat is tender. Remove meat to heated platter. Thicken cooking liquid with flour for gravy, if desired. Five to six servings: POT-ROAST ITALIENNE Brown four to five pound beef rump pot-roast in two tablespoons lard or drippings. Pour off drippings. Add two teaspoons salt, 1/4 teaspoon pepper, one teaspoon oregano and two tablespoons chopped onion to meat. Add 1/4 cup water, cover tightly and cook over low heat 2 1/2 hours. Add six carrots, cut julienne-style, and continue cooking 30 minutes. Add one package (one ounce) frozen "Italian green beans" and cook 15 minutes longer or until meat is tender and vegetables are done. Remove meat and vegetables to a heated serving platter. Add one tablespoon vinegar and enough water to cooking liquid to make two cups. Blend 1/4 cup flour with 1/2 cup water. Gradually add to cooking liquid and cook, stirring constantly, until thickened. 10 to 14 servings.



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